

DINNERLY



Low-Cal Satay Tofu with Fried Cauliflower 'Rice'



30 minutes



2 Servings

It looks like fried rice and tastes like fried rice, but it's made with cauliflower! Top with pak choy, tofu and peanutty satay sauce for a dish that's lower in calories but just as tasty as the traditional version.

WHAT WE SEND

- 250g cauliflower
- 1 carrot
- 1 spring onion
- 1 bunch pak choy
- 200g peanut satay tofu ^{1,5,6}
- 40g peanut butter ⁵

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs boiling water
- 1½ tbs soy sauce ⁶
- 2 tsp sugar
- ½ tsp white vinegar
- 1 tbs vegetable oil

TOOLS

- box grater
- medium deep frypan with lid
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Peanuts (5), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 475kcal, Fat 29.2g, Carbs 23.4g, Proteins 26.3g



1. Prep ingredients

Coarsely grate the **cauliflower**, including the stem (see Make it faster). Crush or finely chop **2 garlic cloves**. Peel the **carrot** and finely chop. Thinly slice the **spring onion**, keeping the green and white parts separate. Halve the **pak choy** lengthwise. Cut the **tofu** into 1cm chunks.



2. Make peanut sauce

Put the **peanut butter** and **1 tbs boiling water** in a bowl and stir to combine well. Add **1 tbs soy sauce**, **2 tsp sugar** and **½ tsp white vinegar** and stir to combine.



3. Make fried 'rice'

Heat **2 tsp vegetable oil** in a medium deep frypan over medium-high heat. Add the **garlic** and cook for 30 secs or until fragrant. Add the **carrot** and **white part of the spring onion** and stir-fry for 3 mins or until starting to soften. Add the **cauliflower** and **2 tsp soy sauce** and stir-fry for 3 mins or until starting to brown. Stir in **1 tbs water**.



4. Warm tofu

Put the **pak choy** on top of the cauliflower rice, cover, then reduce the heat to medium and cook for 2 mins or until tender. Remove the pan from the heat. Meanwhile, heat **2 tsp vegetable oil** in a medium frypan over medium heat. Cook the **tofu**, turning, for 4 mins or until golden and warmed through. Remove the pan from the heat.



5. Serve up

Divide the **fried cauliflower 'rice'** among bowls, then top with the **pak choy** and **tofu**. Drizzle with the **peanut sauce**, scatter with the **remaining spring onion** and enjoy!



6. Make it faster

To speed up prep time, coarsely chop the cauliflower, then pulse in a food processor until it resembles rice.